



# Success Stories

## Jessica LeNeave – Summit Academy

My name is Jessica LeNeave, I have a lung disease that has caused me to have to slow down quite a bit. I have also had to have two knee surgeries. When I heard about GMS in my training here at Summit Academy I knew that this was the year that I needed to change my ways. My knee was healing and I needed to build my lungs. The GMS program gave me the hope and the courage to act. I knew that if I was asking my students to be active, I needed to be as well.

In the early weeks of September I decided to sign up for karate and go on walks with my friends. I have more energy than I ever knew was possible. I am usually sick with bronchitis and pneumonia every winter for months at a time. I often find myself in hospitals and doctors offices weekly. Not this year. I have been living healthy and enjoying life. I have found the energy to be a crazy fifth grade teacher day in and day out. I love to jump in on my students' soccer games and find it so fun to have sprint races with them. I also get to teach karate to some of the students for fun which has encouraged many of them to go out and seek it outside of school, furthering their own healthy living.

I knew at the beginning of the year that I wanted to encourage my students' success in the program. I could never have imagined that it would give me the strength to better my own life. I am grateful that my school has taken on the challenge and in many ways kept me out of the hospitals and in the classroom, which is where I love to be the most.